(ChildLine Toolbox) https://www.childline.org.uk/toolbox/

The ChildLine Toolbox is a place where a child can express themselves and play games to take their mind off things, there is advice from videos and ways to handle emotions.

(ChildLine Calm Zone) https://www.childline.org.uk/toolbox/calm-zone/

The Childline Calm Zone suggest lots of ways to help you feel calmer, like breathing exercises, yoga videos, play games, ways to cope videos and more.

Mental health book for schools aimed at children 6-10. Introduces children to the concept of emotions. Teaching resources are also available to support the use of the book in schools. https://www.sadsville.co.uk/sadsville-resources/